



# Fit Business Tips of the Month

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## FEBRUARY

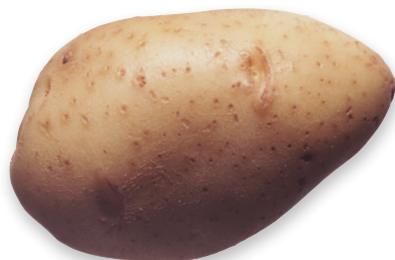
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**F**ebuary is American Heart Month. Heart disease is the leading cause of death in the United States, but the good news is that it is preventable. A healthy diet, rich in fruits and vegetables, and participating in daily physical activity are two of the easiest ways to decrease your risk of developing heart disease. High blood pressure, high cholesterol, and type 2 diabetes are all directly linked to heart disease, so it's important to make sure that your numbers are in check. Check out [www.americanheart.org](http://www.americanheart.org) for more information about keeping your heart healthy. This month's fruit and vegetable of the month, kiwifruit and potatoes, are both great choices for improving heart health.

### QUICK AND SIMPLE TIPS

**Not All Cholesterol is Bad.** Cholesterol is a fat-like, waxy substance that is found in your blood. There are two kinds of cholesterol, High-Density Lipoprotein (HDL), the "good" cholesterol, and Low-Density Lipoprotein (LDL), the "bad" cholesterol. Having too much LDL cholesterol in your body puts you at serious risk for heart disease. Eating a diet rich in fruits and vegetables and low in saturated fat will help your body keep its cholesterol level within a healthy range. To learn more about cholesterol [click here](#).

**Put Some Heart Into it.** With the month of love here, it is a great opportunity to spend time with your Valentine and participate in some physical activity together! Take a nice stroll after dinner with that special someone. Spend the day walking around somewhere new, go for a scenic bike ride, or go on a hike! Prefer indoor activity? What better way to spend your night than out dancing or trying a new exercise class?!? Have fun being active with the one you love!





# February's Fruit of the Month

## KIWI

### Fun Fact

This fuzzy little fruit, known originally as the gooseberry, was first cultivated in China and considered a delicacy by the Khan dynasty. In the 1960's, the gooseberry became a major import to New Zealand. Soon after, it was renamed the kiwifruit because of its striking resemblance to New Zealand's national bird, the kiwi.

### Health Benefits

Despite being about the size of an egg, kiwifruit is considered the most nutrient-dense of all major fruits. Just one serving of kiwi packs more potassium than a banana and more Vitamin C than an orange. Kiwifruit are also a good source of magnesium and fiber. Including kiwifruit in your low-fat diet along with a colorful variety of fruits and vegetables will help you lower your risk of heart disease and some cancers, as well as improve vision health.

### Selection

Select firm, unblemished fruit. The size of the fruit does not affect its taste. Press the outside of the fruit with your thumb. If it gives to slight pressure, the kiwifruit is ripe. If you apply pressure and the kiwi feels hard, it's not ready to eat.

### Storage

A kiwifruit will keep for several days at room temperature and up to four weeks in your refrigerator. To ripen a kiwifruit, place it in a paper bag with an apple and leave it out on the counter for a day or two.

### Preparation Ideas

Portable, lightweight and neat, kiwifruit is the ultimate snack. Take it on hikes, picnics, ski trips, or to the beach. You can actually eat the fuzzy skin on the outside of the kiwifruit. The skin is very thin and just needs to be rinsed and rubbed lightly to dry. Then, cut in quarters like an apple and enjoy—skin and all! Or try dipping sliced kiwifruit in plain or vanilla yogurt.

## FEATURED KIWIFRUIT RECIPE: KIWIFRUIT MANGO SALSA

### Ingredients

|   |                             |   |                         |
|---|-----------------------------|---|-------------------------|
| 1 | kiwifruit                   | 2 | teaspoons lime juice    |
| ¼ | cup chopped mango           | ½ | teaspoon minced chilies |
| 1 | tablespoon chopped cilantro |   | pinch of salt           |

### Preparation

1. Peel kiwifruit and cut into eighths and then dice.
2. Place diced kiwifruit in bowl and mix gently with other ingredients.

*Makes 1 serving.*

### Nutrition Information Per Serving

Calories 90, Carbohydrate 22g, Protein 1g, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 240mg, Dietary Fiber 4g

Recipe courtesy of the *National 5 a Day Program*.





# February's Vegetable of the Month

## POTATO

### Fun Fact

Potatoes are one of the most popular vegetables in America. The average American eats nearly 140 pounds of potatoes each year, 50 pounds of which are french fries. There is a common misconception that potatoes are a root, but they are in fact a swollen stem!

### Health Benefits

Potatoes are tough and durable, store well, and have an impressive nutritional content including a rich source of fiber, potassium, and vitamin C. Like other fruits and vegetables, potatoes are a low calorie food and are free of fat, cholesterol, and sodium. Keep in mind, however, that the leaves and stems of a potato plant are poisonous and may cause illness when ingested.

### Selection

There are hundreds of varieties of potatoes, but the russet, round white, and the red potato are the most common in the United States. When choosing potatoes, be sure they are firm, smooth, and the color they are supposed to be—usually brown, off-white, or light red. Softness, a green tinge, or wrinkly skin may indicate a potato that is past its prime.

### Storage

Store potatoes in a cool, dry place. Sunlight can cause the skin to turn green; if this occurs the skin must then be peeled off before consuming. Most of the nutrients are contained right below the skin, so avoid peeling when possible. Fresh potatoes are available year round, however they are also available frozen, canned, pre-cut, and dehydrated, so you don't have to worry about running out of options!

### Preparation Ideas

Potatoes should be thoroughly washed with clean tap water and scrubbed lightly before preparation. Any sprouts or eyes growing from the potato should be cut out. The skin can be removed or left on depending on use. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling. Consuming baked and grilled potatoes with the skin on provides the most nutrients.

## FEATURED POTATO RECIPE: BROCCOLI BAKED POTATOES

### Ingredients

|               |                        |               |                                   |
|---------------|------------------------|---------------|-----------------------------------|
| 6             | medium russet potatoes | 1             | cup shredded light cheddar cheese |
| 3             | stalks of broccoli     | $\frac{1}{8}$ | teaspoon black pepper             |
| $\frac{1}{4}$ | cup nonfat milk        |               |                                   |

### Preparation

1. Scrub and clean potatoes.
2. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 to 60 minutes until done, depending on size.
3. Peel broccoli stems. Steam whole stalks just until tender, and then chop finely.
4. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
5. Add milk,  $\frac{3}{4}$  cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks.
6. Heap into the potato skins and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

*Makes 6 servings. 1 broccoli baked potato per serving.*

### Nutrition Information Per Serving

Calories 210, Carbohydrate 39g, Protein 10g, Total Fat 2g, Saturated Fat 1g, Cholesterol 5mg, Sodium 140mg, Dietary Fiber 5g

Recipe courtesy of the *National 5 a Day Program*.

